



# FAQ's

## **What is the Polar BodyAge System?**

The BodyAge System is designed to quickly and simply give participants a baseline measurement of their overall functional ability level. The system provides individuals with their body age, compares it with their actual chronological age, and outlines steps they can take to decrease their body's age, thereby increasing their overall health.

## **What is body age?**

Body age is the age of your body based on how well you maintain it. During the assessment, your strength, flexibility, body composition (fat/muscle ratio), and nutrition habits will be assessed. This can then be combined with your blood pressure, lipid profile and glucose numbers and the "age" of your body is calculated using all of the information.

## **How does the Polar BodyAge System work?**

Through a series of physical tests and questionnaires, the Polar BodyAge System provides participants with a body age score indicating whether they are above or below their current chronological age.

## **How can people benefit from a body age assessment?**

There are many ways to improve health and wellbeing, and a body age assessment provides a great starting point. The system will assess people's strengths and identify their needs while helping set goals for them to work toward creating a "younger" body.

## **How long does it take a person to go through the Polar BodyAge System?**

The assessment should take about 15 minutes.

## **Do I need to wear special clothing to participate in the assessment?**

No. All tests should be manageable in your regular work attire. You will need to remove your shoes and socks to participate in the assessment.

## **How will I know my results?**

Following the test, you will receive a printout of your BodyAge personal profile. The profile will include your score from the test and will also provide tips to help you decrease your body age.

## **Will other employees be able to watch me take the assessment?**

Depending on your location, some aspects of your assessment may be visible; however, only the health professional administering the assessment will be close enough to see the results on



To learn more about the Polar BodyAge System

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